

# The MCIC CHRONICles

## Self-Management Program Presented at May Meeting

Details of the MSDH Arthritis Integration Dissemination Project, Chronic Disease Self-Management Program (CDSMP), were presented by Sebrenia Robinson, arthritis coordinator, at the May 18 meeting of MCIC. The program is part of the 'motivated to live a better life' self-management program that is currently being conducted in Mississippi.

The CDSMP, supported by self-efficacy learning/motivational and social cognitive behavioral theories, is an evidence-based health promotion program developed at the Stanford Patient Education Center at Stanford University. The program teaches self-management techniques to participants through innovative and highly participatory workshops.

The CDSMP involves a six-week workshop, with a 2 ½ hour-per week, co-led by trained "peer" leaders. It provides an interactive learning environment in which participants can practice and master self-management techniques and provides information on general health topics affecting persons with a variety of chronic conditions. Classes are conducted in locations comfortable and familiar to participants. The evidence showed participants experienced significant improvement in fatigue,

shortness of breath, pain, social activity limitation, depression, and health distress after one year, indicating successful results related to the program. Involvement in the CDSMP also proved that the greater the six-month improvement in self-efficacy, the lower health care utilization was after one year.

The CDSMP program components and activities focus on problems common to individuals suffering from such chronic conditions as arthritis, diabetes, heart disease, and asthma. "Self management programs allow participants to make informed choices, to adopt new perspectives and generic skills that can be applied to new problems as they arise, to practice new health

behaviors, and to maintain or regain emotional stability," according to Kate Lorig, developer of the CDSMP at Stanford.

For more information about CDSMP, contact Sebrenia Robinson at the MSDH-Office of Preventive Health, 601-576-7781.



Sebrenia Robinson, right, presented the MCIC May program on the Arthritis Integration Dissemination Project. With Sebrenia are Vickie Tucker, center, and Alberta Smith.



See *Notes from the Chair* next page.  
Aug. 18 Meeting: "Smokefree Air Mississippi" Partnership for a Healthy MS

## Notes from the Chair



### “Summertime and the Living is E... A... S... Y”

Happy summer to all MCIC members. I hope everyone is finding time to relax and staying cool. I want to remind all of you that our next meeting is going to be held Aug. 18 at the Osborne Auditorium. Our program will be “Smokefree Air Mississippi” sponsored by the Partnership for a Healthy Mississippi. This program will be presented by Langston Moore.

Other meeting items include the following:

- Electing 2010-2011 officers, MCIC is in **Desperate Need of a Secretary**. If you, or if you know of someone who would be willing to serve as secretary, please let me know.
- Presenting a status update of the KYN PowerPoint Presentation for Children
- Finding a partnership/coalition sponsor for the February 2011 meeting
- Obtaining grants/funding – we need membership assistance in pursuing funding opportunities. (MCIC has been asked to fund the MCIC awards luncheon including the cost of the three awards at the next Healthy MS Summit. This event is usually in May.)

As always, we appreciate all that you do for MCIC. See everyone Aug. 18.

Mary Helen



*Congratulating Barb Dobrosky, right, on her recent retirement from the Mississippi Chapter Alzheimer's Association are Mary Helen Conner and Margale Swentgala. Barb, a longtime MCIC contributor, assures MCIC that she will continue with her coalition efforts. She has served as program director of the Mississippi Alzheimer's Chapter, sharing information and support throughout the state about the brain-destroying disease which is now being connected with various chronic diseases.*



*Dr. Al Rausa of Greenwood, Ann Sansing of Starkville, and Missy Goodman of Belzoni discuss the bylaws and 501c-3 status of MCIC at the last meeting.*

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**The MCIC Chronicles** is a quarterly publication of the Mississippi Chronic Illness Coalition (MCIC).

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